



**SEATTLE PARKS
AND RECREATION**

Jefferson

COMMUNITY CENTER

FALL 2006



3801 Beacon Ave. S
Seattle, WA 98108
206-684-7481
Fax: 206-684-7483
Visit us on the web:
www.seattle.gov/parks

NEW!

REGISTER ONLINE · it's easy!

www.seattle.gov/parks



SPARC

Jefferson Community Center

3801 Beacon Avenue South
Seattle, WA 98108
Phone: 206-684-7481 Fax 206-684-7483
Visit us online at www.seattle.gov/parks !

Hours of operation

Monday, Wednesday, and Friday 1 to 9 p.m.
Tuesday and Thursday 10 a.m. to 9 p.m.
Saturday 10 a.m. to 5 p.m.
Sunday Closed

Holiday closures

Monday, Sep 4, Labor Day
Friday Nov 10, Veterans Day
Thursday, Nov 23, Thanksgiving Day
Friday, Nov 24, Day following Thanksgiving Day
Monday, Dec 25, Christmas Day

Program registration

Registration begins August 14

Program dates

September 4 to December 31

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

E-Brochures are Available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Parks and Recreation Administrative Staff

Ken Bounds, Superintendent
B. J. Brooks, Deputy Superintendent
Christopher Williams, Parks & Recreation Operations Director
Robert Stowers, Central Recreation Manager



Jefferson Community Center Staff

Randy Smith, Recreation Center Coordinator
Staci Williams, Asst. Recreation Ctr. Coordinator
Jean Lee, Recreation Leader
Darin Olsen, Recreation Attendant
Angela Lee, Kiddie Kampus Director
Michael Duncan, Facility Maintenance Laborer
Angela Smith, Senior Adult Programs

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

General Information

Due to a new administration fee of 12%, most class prices have been raised by 12% for the 2006 Spring Quarter. If you have any questions or comments, please contact the center coordinator.

Special Events

Seattle Christmas Ship

Free

Come One, Come All! Bring your family to this annual traditional event. Enjoy music from the ship and lights from boats that follow the main ship. Refreshments will be provided. Join us at Mt. Baker Beach, located at 2521 Lake Park Dr. S.

Instructor: Staff

Age: All

Wed, Dec 6

8:55 – 9:15 p.m.

Location: Mt. Baker Beach



Halloween Howl & Carnival

Bring your kids to safe place to Trick or Treat. Our carnival will have games, face painting, and lots of goodies. The carnival is for ages 3 - 10. Our haunted house is a fun activity for kids ages 11 & up. Kids are limited to one trip through the haunted house.

Instructor: Staff

Age: 3 & Up

6 – 8 p.m. Fri, Oct 27 6:15 – 8:45 p.m.

Fees: Carnival Tickets: 25 cents or 5 for a

\$1.00. Haunted House: \$1.00 per person

Location: Hasselberg Hall & Gym

Toddlers/Preschoolers

Play & Learn Playgroup

This class is free with admission to the Toddler Drop-in Program.

歡樂・學習・啓蒙 —— 仁人服務社・

Jefferson 社區中心及 Child Play Network 合辦的學前幼兒樂園邀您同樂。根據研究報告結果顯示，學齡前幼兒的啓蒙教育將有助於孩童的智力發育及將來入學後的學習發展。而幼兒遊戲的過程亦是啓蒙學習的重要環節。在幼兒樂園裡，孩子們可透過玩遊戲、英文兒歌教唱、讀故事書、做簡易手工及玩各類玩具等不同的活動方式，達到啓蒙的目的並協助幼兒們提前適應將來入學的環境，且更可幫助幼兒學習到如何與別人分享及相處的經驗。而幼兒的照顧者更可藉此機會與社區內其他幼兒照顧者交換資訊及經驗並拓展人際關係。活動將用中英語進行，適合兩歲至五歲的小孩及小孩家長參與。

日期：二零零六年一月三日開始

時間：逢星期二，上午十時半至中午十二時

地點：室內操場的大堂

收費：每次收\$1 室內操場費用

Play & Learn is a project by Chinese Information & Service Center, Jefferson Community Center, and Play & Learn Network to provide a preschool education for 2-5 year old children and their parents or caregivers. Preschool education enables children to gain important skills that will help them in school and life, while having fun with their caregivers. We will have a “circle time”, during which the children and caregivers listen to stories, learn songs, and do simple arts and crafts. There is also a play time for children to explore various toys and play activities. The entire program will be run in both English and Chinese.

Instructor: Chinese Information and Service Center

Age: 5 & under

Tuesdays 10:30 a.m. – Noon Sep 5 – Dec 26

Fees: Free with paid admission to Toddler

Drop – in Program.

Location: Gym Lobby

3801 Beacon Ave S

(206) 684-7481

3

Toddlers/Preschoolers

Kiddie Kampus Preschool

This popular school-year program is a valuable growing experience and an excellent preparation course for kindergarten. Emphases are on social, academic, and motor coordination skills. Your child must be toilet trained and 3 years old by August 31, 2006. Please call for more registration information: 206-684-7481.

Current students have priority enrollment. Call to see if there are any space available for new students. A copy of your child's birth certificate is needed at time of registration.

Location: Multi-Purpose Room

3 & 4 Year Olds **\$310**

Tue/Thu 9/26 – 12/14 9 – 11:45 a.m.
Tue/Thu 9/26 – 12/14 12:15 – 3 p.m.

3 & 4 Year Olds **\$460**

MWF 9/25 – 12/15 9 – 11:45 a.m.

4 & 5 Year Olds **\$460**

MWF 9/25 – 12/15 9 – 11:45 a.m.
MWF 9/25 – 12/15 12:15 – 3 p.m.

Preschool Sports

\$45

This program is a fun and exciting way for your child to learn the fundamentals of soccer, basketball, and T-ball.

Ages 5 – 6

Location: Gym

Session 1 9/20 – 10/25 Wed 5:30 – 6:30 p.m.

Session II 11/1 – 12/6 Wed 5:30 – 6:30 p.m.

K.A.P. (Kids, Art & Play)

\$155

If your child can't get enough of Kiddie Kampus, then you can K.A.P. it off with a Thursday class. Participants **MUST BE ENROLLED** in Kiddie Kampus to register for the extra class. It is an extension of what they are learning in Kiddie Kampus, with more emphasis on Arts Crafts & Play. Come join us for another day of fun!

Ages 3 – 5

Location: Art Room

#9170 9/28 – 12/14 Thu 9 – 11:45 a.m.

#9171 9/28 – 12/14 Thu 12:15 – 3 p.m.

School-Age Child Care

After School - Sept, Oct, Nov, Dec

For elementary-school-age youth: supervised recreational activities, arts and crafts, snack, and help with homework. Scholarships may be available on a limited basis for those qualified who enroll for after school. We also accept DSHS subsidies.

Seattle Parks and Recreation has implemented a city-wide standardized fee system that began in Fall 2004.

Explanation of Fees – The standard monthly After School program fees are calculated by determining the school year cost and dividing by ten. This averages the cost of the programs over 10 months and allows for a consistent fee. For example, the same fee is charged for a full month (September) and a holiday month (December). Break camps and summer camps cost more.

Location: Hasselberg Hall

After School - 5 day \$245, After School - 5 day (2nd Child Discount) \$235

#7795 Mon – Fri 9/1 – 9/29 3 – 6 p.m.

#8010 Mon – Fri 10/2 – 10/31 3 – 6 p.m.

#8037 Mon – Fri 11/1 – 11/30 3 – 6 p.m.

#8038 Mon – Fri 12/4 – 12/15 3 – 6 p.m.

Winter Break

\$145/per week

School's out. Join us for two fun filled weeks of activities at Jefferson CC. Activities include games, sports, art, cooking, fieldtrips, and more. Bring a sack lunch and drink daily.

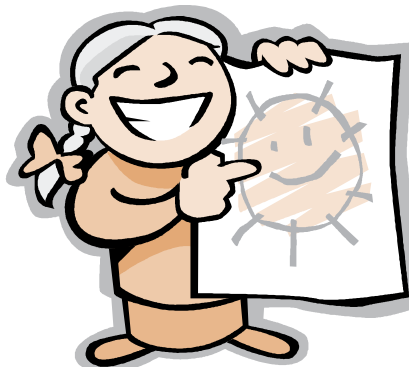
Age: Grades K to 5

M – F 12/18 – 12/22 7 a.m. – 6 p.m.

Tu – F 12/26 – 12/29 7 a.m. – 6 p.m.

	5 Day	4 Day	3 Day	2 Day	1 day
Wk 1	\$145	\$116	\$87	\$58	\$29
Wk 2		\$116	\$87	\$58	\$29

Location: Hasselberg Hall



Youth Programs

Performing Arts & Dance

Creative Movement **\$55**

For all of the little dancers in the house. A fun dance-based class that teaches focus, coordination, balance, grace, and skill. We practice simple movements (hopping, skipping, etc.) and basic ballet positions.

Ages 4 – 5

Location: Multi-Purpose Room

#9967 10/4 – 12/13 Wed 3:30 – 4:30 p.m.

Ballet **\$60**

Learn beginning ballet technique and the art of performing in this fun class! Bar work and center floor work combine to create a performance piece for the last day of class. Wear a black leotard, pink tights, pink ballet slippers and have hair up.

Ages 6 – 9

Location: Multi-Purpose Room

Ballet I

#9817 10/4 – 12/13 Wed 4:30 – 5:30 p.m.

Ballet II

#9819 10/4 – 12/20 Wed 5:30 – 6:30 p.m.



Kid's Clay **\$45**

This class will focus on basic hand-building methods. Get dirty and have fun while learning how to create wonderful hand-built pieces. Dress to get dirty. All materials included.

Ages 5 – 8

Location: Pottery Studio

9/19 – 10/24 Tue 5 – 6 p.m.

Chinese Dance Class **\$70**

For those interested in Chinese dancing, this class will teach the basic movements of traditional Chinese dance. Listen to the beautiful music, have fun and learn about the culture. Students will be introduced to several unique artistic Chinese dances. Chinese Dance Class is a collaboration by ICRA Yat Sen Chinese School and Jefferson Community Center.

Location: Multi-Purpose Room

Ages 6 – 10

#9837 9/22 – 12/8 Fri 4 – 5:45 p.m.

#9961 9/23 – 12/9 Sat 2:15 – 3:30 p.m.

Ages 11 – 17

#9960 9/22 – 12/8 Fri 6 – 7:15 p.m.

#9962 9/23 – 12/9 Sat 3:30 – 4:45 p.m.

中國舞蹈班 **\$70**

為有興趣學習中國舞蹈的人士而設，目的是透過舞蹈與音樂去介紹中國文化。該舞蹈班會教導傳統中國舞的基本動作，並欣賞優美的中國音樂。當中有很多關於中國文化的樂趣，並讓學習的同學認識一些優美獨特的中國舞。

Beginning Gymnastics **\$65**

Have you always wanted to do gymnastics, but never tried? Cartwheels, leaps, ribbons, balance beam, mats and more. Build strength and flexibility. Learn rhythmic and artistic gymnastics, fundamentals and safe training behavior. Perform routines. \$25.00 gymnastic Insurance fee.

Ages 6 – 12

Location: Gym

#9827 9/19 – 11/30 Tue/Thu 4 – 4:45 p.m.

Intermediate Gymnastics **\$65**

Ages 7 – 12

Location: Gym

#10027 9/19 – 12/7 Tue/Thu 5 – 6 p.m.

Youth Programs

Martial Arts

Yoshido Goju Ryu Karate Youth \$51

Come and learn a unique Martial Art that builds self-confidence, speed, and coordination. You will have fun and develop a positive attitude. Uniforms are purchased through the instructor.



Session I – Ages 6 – 17

#10417 10/3 – 11/2 Tue/Thu 6:30 – 8 p.m.

Session II – Ages 6 – 17

#10420 11/2 – 11/30 Tue/Thu 6:30 – 8 p.m.

Sess III – Ages 6 – 18

#8779 9/5 – 9/28 Tue/Thu 6:30 – 8 p.m.

#11029 12/5 – 12/28 Tue/Thu 6:30 – 8 p.m.

Athletics

Flag Football \$35

Boys and girls are invited to take part in the Seattle Department of Parks and Recreations flag football program. Volunteer coaches will work on plays and conditioning as teams prepare to compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportspersonship

Location: Outdoor Space

Ages 6 – 7

#9994 9/9 – 12/2 Sat 9 a.m. – 1 p.m.

Ages 8 – 9

#9997 9/9 – 12/2 Sat 9 a.m. – 1 p.m.

Ages: 10 – 12

#9993 9/9 – 12/2 Sat 9 a.m. – 1 p.m.



Youth Volleyball \$35

Girls Volleyball is a game that can be played and learned with little or no experience. Girls ages 10-11,12-13,14-17 will learn the basics of volleyball in a recreational setting. Practice times are determined by availability of a volunteer coach. Practices will begin in September.

Location: Gym

Ages 10 – 11

#8780 9/19 – 11/9 Tue/Thu 5:30 – 7:30 p.m.

Ages 12 – 13

#8781 9/19 – 11/9 Tue/Thu 5:30 – 7:30 p.m.

Ages 14 – 17

#8782 9/19 – 11/9 Tue/Thu 5:30 – 7:30 p.m.

Teen Programs

Teen Advisory Council

Take charge! Plan events, give your input on trips, build leadership skills and help out your community with Jefferson's Teen Council. Snacks provided!

Age: 14 to 18

Tuesday 4 – 5 p.m. Sep 20 – Dec 27

Teen Night

Show your b-boy/b-girl skills at Jefferson Community Center. Come to dance or watch some of Seattle's best break dancers practice. We provide music, space, and **free food**.

Instructor: Art Bustillos

Mon, Fri 7 – 10 p.m. Sept 22 – Dec 29

Performing Arts & Dance

Popping Practice

Check out the funk styles of JCC! Come practice your popping, locking, tutting, and waving.

Age: 14 & up

Wednesdays Sep 20 – Dec 27

Volunteer Opportunity for Teens

Halloween Howl & Carnival

Plan and participate in the JCC haunted house and carnival. Planning will be Tuesdays 3 – 5 p.m. The haunted house and carnival will be October 27 from 7 – 9 p.m.

Tuesdays, Oct 10, 17, 24 3 – 5 p.m.
Event, Friday, Oct 27 7 – 9 p.m.

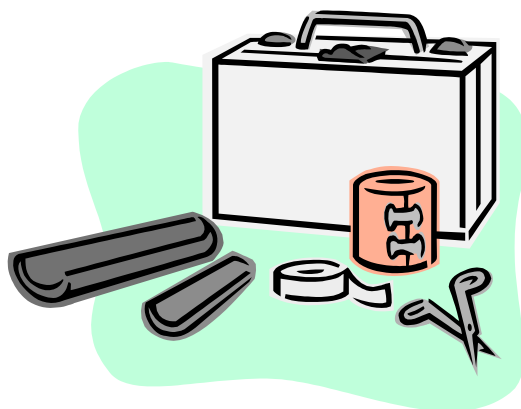
2006 Argosy Christmas Ship Festival

Get in the Holiday spirit, come to Mt. Baker to serve and eat hot chocolate, coffee, cider and cookies. Enjoy music and a bonfire while doing community service.

Wed, Dec 6 8 – 10 p.m.



Adult Programs



CPR Class

\$34

Come learn the basic skills of CPR from the American Red Cross. **To register for the classes please call (206) 323-2345.** Each class is 4 hours long.

This course helps students recognize and care for breathing and cardiac emergencies in victims who are 8-years old and older. Upon completion participants will receive a one year certification in Adult CPR. The laminated Adult CPR skills card used during class is theirs to keep.

In this course, participants learn to:

- * Check an unconscious victim
- * Recognize an emergency and overcome the reluctance to act
- * Recognize and care for choking, breathing and cardiac emergencies in victims who are 8-years old and older.
- * Prevent heart disease
- * Use the EMS system/9-1-1

Age: 14 & Up

Sat, Sep 30

Noon – 4 p.m.



3801 Beacon Ave S

(206) 684-7481

7

Adult Programs

Arts and Dance

Adult Printmaking \$112

An individualized class offering instruction to all levels of printmaking. Introduction to basic techniques used in intaglio printing. Bring a lunch.

Location: Art Room

Instructor: Wendy Thon

#6419 Tue 4/4 -6/6 10 a.m.-1 p.m.



Aerobics \$97

Come get in shape and feel good through aerobic conditioning.

Ages 18 and older

Location: Hasselberg Hall

#9792 10/23 - 12/11

Mon 6 - 7 p.m.

Kundalini Yoga \$75

Kundalini Yoga is a time-tested system for overcoming the aging effects of the environment and stress on the mind and body. This vigorous workout with guided relaxation is designed to balance your nerves and glandular system. It will also strengthen digestion, circulation and muscle tone.

Location: Multi-Purpose Room

Ages 18 and older

#9968 9/18 - 12/4 Mon 6 - 7 p.m.

Yoshido Goju Ryu Karate \$51

Come and learn a unique Martial Art that builds self-confidence, speed, and coordination. You will have fun and develop a positive attitude. Uniforms are purchased through the instructor.

Ages 18 and older

Location: Multi-Purpose Room

Session I - Ages 18+

#10266 10/3 - 11/2 Tue/Thu 6:30 - 8 p.m.

Session II - Ages 18+

#10414 11/2 - 11/30 Tue/Thu 6:30 - 8 p.m.

Session III - Ages 18+

#8776 9/5 - 9/28 Tue/Thu 6:30 - 8 p.m.

#11028 12/5 - 12/28 Tue/Thu 6:30 - 8 p.m.

Arts: Visual/Crafts

Jewelry Making Class \$80/session

In this project-orientated class, participants will be taught the basics of jewelry construction. These include design, layout, sawing, filing, sanding, drilling, brazing, forming, texture and color. The proper and safe handling of materials, tools and other materials used in the jewelry lab will be emphasized. Projects and special topics will determine much of the content after the basics are covered. Supply fee is \$10 per person for consumables (solder, flux, saw blades). For an individual supply list, please ask at front.

Location: Lapidary Room

Ages 18 and older

#10196 9/26 - 10/31 Tue 5:30 - 8:30 p.m.

#10197 11/7 - 12/12 Tue 5:30 - 8:30 p.m.

Adult Beginning/Intermediate Wheel \$129

This class is for adults who want to learn basic throwing techniques and advanced students who want develop shapes that reflect their own individual style. Demonstration and practice in wheel work will be explored. Finishing techniques, handles, knobs, surface decoration and basic glazing method round out the course.

Location:

Pottery Studio

Ages 18 and older

#9515 9/13 - 11/15 Wed 5:30 - 8:30 p.m.

Adult Begining Wheel \$129

This class is for absolute beginners and those who have some experience with clay. Students will learn how to make a variety of functional forms on the potter's wheel. There will be weekyl demonstrations that will include trimming, surface decoration and glazing techniques.

Location: Pottery Studio

Ages 18 and older

#9556 9/14 - 11/16 Thu 5:30 - 8:30 p.m.



Adult Programs

Adult Independent Handbuilding Clay Project

\$129

This class is for self-motivated students of any ability to explore their own creative ideas. Increase your skill level and develop a personal style through exploration and experimentation with a variety of construction and glazing techniques. There will be weekly demonstrations that will include glaze decoration as well surface enhancement using slips and glazes. Students will receive one on one instruction and guidance.

Location: Pottery Studio

Ages 18 and older

#9773 9/13 – 11/15 Wed 5:30 – 8:30 p.m.



Adult Independent Study

\$150

This class is designed for individuals with advanced skills only. Students MUST have instructor approval before signing up for this class. No formal instruction will be provided, however, individuals can set up meet times with either instructors for guidance, help, or critiques. *This Class is NOT intended for production pottery. *Studio orientation is required. **The Studio card is included with the class fee. Students may come in and work anytime the pottery studio is open.

Location: Pottery Studio

Ages 21 and older

#9774

9/11 – 11/18

Mon/Wed/Fri

1 – 8:45 p.m.,

Tue/Thu

10 a.m. – 8:45 p.m.

Sat

10 a.m. – 4:45 p.m.

Adult and Senior Drop-in Sports

Badminton

\$2

Intermediate or beginners are welcome to come and play! Please provide your own racquet and extra birdies.

Tuesdays 6 – 8:45 p.m. Sep 5 – Nov 9

Location: Jefferson Gym

Basketball

\$2

Beginning January 1, 2005, the City of Seattle will charge an Adult Sport Drop-in fee during all operating hours. The fee is \$2.00 per session for adults and \$1.00 per session for seniors. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Age: 18 and up

Wed Noon – 2 p.m. Sep 18 – Dec 27

Location: Jefferson Gym

Senior Adult Pickleball

\$1

A terrific game. Fun and exercise in one great package.

All levels of participation are welcome!

Instructor: Staff

Age: 65 & Up

Mondays 10 a.m. – 2 p.m. Sep 18 – Dec 18

Location: Gym



3801 Beacon Ave S

(206) 684-7481

9

Senior Adult Classes

Southeast Senior Adult Registration Information

Angela P. Smith, Recreation Specialist
206-684-7484

E-mail: angelap.smith@seattle.gov

Fall Quarter Dates: Oct 2 – Dec 15

No classes: Nov 10, 23 and 24; Dec 25

Class Registrations: Begin **Sep 18 at 8 a.m.** by phone or mail. Class times/dates/instructors are subject to change. Events with phone-in only registration are marked accordingly.

Please make all checks payable to:

Senior Adult Advisory Council ('SAAC'). Mail payments to: Senior Adult Programs, Attn: Angela, 8061 Densmore Ave N, Seattle, WA 98103-4436

Southeast Sector Sites

Jefferson CC..... 3801 Beacon Ave S.

Senior Aerobics \$20

Time to re-energize, put a spring in your step, and feel better. Body conditioning class on that will fit all your physical needs. Small hand weights available.

Instructor: Jean Inouye

#11036 Mon, Wed 8:30–9:30 a.m. Jefferson CC

Fitness for Life \$20 / 1 day/ 1 wk

Moderate impact aerobics class includes use of small weights (provided) to increase strength, balance exercises, and stretching.

Thu 8:30–9:30 a.m. Jefferson CC

P.A.C.E. (Arthritis Exercise) \$25

PACE is an exercise program done primarily sitting in a chair. Designed for people with arthritis, but not limited to. Good class for beginners.

Instructor: Angela P. Smith

Age: 55 +

Thu 10–11 a.m. Jefferson CC

T'ai Chi Chih: Joy Through Movement \$26/8 wks

These gentle movements reduce stress, energize body and mind, improve balance and strength. Two classes per week.

Instructor: Linda Robinson

Location: Jefferson CC

Wed, Fri 10:30 – 11:30 a.m. Oct 4 – Nov 29

Line Dancing \$20 – 1 day/wk

Get on the dance floor and move to the music! Great for body & soul! No experience/partner needed.

Instructor: Linda and Paul Reese

Thu 1 – 2 p.m. Rainier CC

Fri 8:30 – 9:30 a.m. Jefferson CC

Fri 8:30–10:30 a.m. (\$40/2 hrs) Jefferson CC

Drop-In Pickleball \$2 Drop-in

A terrific game. Fun and exercise in one great package! \$2 Drop-in fee (\$1 age 65+)

Mondays 10 a.m. – Noon Jefferson CC

Fridays 10 a.m. – Noon Jefferson CC

(Friday Class - Beginners only)

Cooking

Barbara, our guest chef, is a graduate of So. Seattle Community College Culinary Arts Dept. Retired caterer after 20 years, she is the cook for the TGIF meals and Senior Gathering. Help prepare and eat a delightful lunch.

Goodies To Go \$7.50

Learn appetizer and easy, transportable dishes to go.

Mon, Dec 4 10:30 a.m.–12:30 p.m. Jefferson CC

Autum Soup \$7.50

Vegetable soup, bread, and desert.

Instructor: Barbara Steinheiser

Mon, Oct 16 10:30 a.m.–12:30 p.m. Jefferson CC

Flexcar Free

Flexcar pays for the gas, parking, insurance, and maintenance. You just pay an hourly rate. This transportation option might be a good fit for you. Find out from Representative Cherie.

Oct 19, Nov 6 11 – 11:30 a.m. Jefferson CC

Drop-In Bridge Free

It's in the cards that you'll have a great time. Drop in programs for the bridge enthusiast.

Wednesdays Noon – 3 p.m. Rainier CC

Wednesdays 9:30 a.m. – Noon Jefferson CC

Drop-In Crafts Free

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

Thursdays Noon – 3 p.m. Jefferson CC

Lap-Quilting Free

Quilting that can be taken anywhere to work on.

Students help each other.

Fridays 11 a.m.–2 p.m. Jefferson CC

Senior Adult Trips & Events

Sound Steps Hikes for Seniors

Each hike divides into two groups: beginning walkers who can slowly walk 2 hours with breaks, and more experienced walkers. Pick-up at Jefferson, Rainier, and Rainier Beach CCs, and SE Seattle Senior Center. To register for hikes, mail registration form to Sr. Adult Programs, Attn: Mari Becker or call Mari at 206-684-4664.



Thu, Sep 28	9 a.m. – 2:30 p.m.
Thu, Dec 14	9 a.m. – 2:30 p.m.
Thu, Oct 26	9 a.m. – 2 p.m.
Thu, Nov 30	9 a.m. – 2 p.m.

Sound Steps Walks & Classes

Sound Steps is a free walking program for senior adults! For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.

Day Trips

Japanese Garden **\$5**

Reg: Sept 19
Mon, Oct 2 **Noon – 4 p.m.**

Issaquah Salmon Days **\$6**

Reg: Sept 26
Sat, Oct 7 **9 a.m. – 3 p.m.**

Clearwater Casino **\$7**

Reg: Oct 3
Tue, Oct 17 **9 a.m. – 3:30 p.m.**

Chatueau St. Michelle Winery **\$6**

Reg: Oct 10
Tue, Oct 24 **9:30 a.m. – 2 p.m.**

Mansions & Broadway **\$3.50**

Reg: Oct 31
Tue, Nov 14 **9:30 a.m. – 2 p.m.**

Holiday Mystery Trip **\$4.50**

Reg: Nov 14
Tue, Nov 28 **9:30 a.m. – 2 p.m.**

Christmas Ship **\$2**

Reg: Nov 21
Tue, Dec 5 **5:15 – 10 p.m.**

Jefferson Community Center **Free**

Join two walk leaders for guided walks around the beautiful Beacon Hill neighborhood!

Wed, Oct 2 – Dec 15 9 – 10 a.m. Jefferson CC

Jefferson's Holiday Potluck **Free**

One of the best potlucks around. Come celebrate the Christmas season and give your best wishes for the New Year. Gift exchange (\$5 max per gift).

Fri, Dec 15 11:30 a.m. – 1 p.m. Jefferson CC

Rx for Communication **\$1 donation**

This workshop will help you communicate your needs more effectively with your doctor, pharmacists, and other health care providers. Take more control over your health as you role play various situations. Presented by Nancy, Social Services Coord. at Council House.

**Thu, Nov 2
11 a.m. – Noon**



Southeast Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs, Attn: Angela – SE, 8061 Densmore Ave N, Seattle, WA 98103-4436. *Payment must be received 5 working days before departure.*

Trip Registration: Phone-in only by calling 206-684-7484 at **8 a.m. on the date listed** for each trip. Leave your name, phone number, and pick-up site. You can sign up yourself and on either person. You'll only be called back if you're on the wait list. All trip times, costs, and destinations are subject to change.

Jefferson CC 3801 Beacon Ave S
Pickup at time listed

3801 Beacon Ave S

(206) 684-7481

11

Rainier Beach Pool

8825 Rainier Ave S ♦ Seattle, WA 98118 ♦ 206-386-1944

Sept 4 – Dec 31, 2006

Pool Maintenance Closure November 6 – 19

Monday & Wednesday (Pool closed Sept 5 & Dec 25)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 7 p.m.	Public Swim (3 lap lanes)
11:30 a.m. – 12:30 p.m.	Stretch & Flex	6:30–7 p.m.	Ad. Stroke Refinement
12:30 – 1:30 p.m.	Water Aerobics	7 – 8:30 p.m.	Lap Swim
4 – 6 p.m.	Youth Lessons	7 – 8 p.m.	Water Aerobics

Tuesday & Thursday (Pool closed Nov 23)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	6 – 8:30 p.m.	Lap Swim (3 lanes)
11:45 a.m. – 12:30 p.m.	Aqua Jogging	7 – 7:30 p.m.	Adult Lessons
3:30 – 4:30 p.m.	Arthritis Water Exercise	7:30 – 8:30 p.m.	Water Aerobics
4:30 – 7 p.m.	Youth Lessons		

Friday (Pool closed Nov 10 & 24)

11:30 a.m. – 1:30 p.m.	Lap & Senior Swim	5:30 – 7 p.m.	Public Swim*
11:30 a.m. – 12:30 p.m.	Stretch & Flex	5:30 – 8 p.m.	Lap Swim (3 lanes)
12:30 – 1:30 p.m.	Water Aerobics	7 – 8 p.m.	Water Aerobics
5 – 5:30 p.m.	Youth Lessons		

Saturday

9 – 10 a.m.	Lap & Senior Swim	Noon – 1:30 p.m.	Lap Swim
9 – 10 a.m.	Water Aerobics	12:30 – 1 p.m.	Adult Lessons
10 a.m. – Noon	Youth Lessons	1:30 – 3:30 p.m.	Public Swim
Noon – 12:30 p.m.	Tots Lessons		

Sunday

11 a.m. – 12:30 p.m.	Youth Lessons	1:30 – 2:30 p.m.	Family Swim (\$2 each)
Noon – 1:30 p.m.	Lap & Senior Swim (6 Lanes)	2:30 – 4:30 p.m.	Public Swim

Public Swim

\$3.75/\$2.75

Open Pool time for all ages and all abilities. Children shorter than 4' must be accompanied in the pool by a responsible adult. All children must pass a deep water test to swim in the deep end. **Lesson participants staying after lessons for public swim must pay fee before lesson.** Everyone gets a cool hand stamp!

MW 6 – 7 p.m. Sat 1:30 – 3:30 p.m.
Fri 5:30 – 7 p.m. Sun 2:30 – 4:30 p.m.

Family Swim

\$2 per person

Drop-in program for all ages. Children under 18 must be accompanied into the pool by a responsible adult. A quieter time for families to use the pool

together. This is a year round drop-in program. All admissions are the special discount price of \$2 per person. Children under 1 year old are free.

Sundays

1:30 – 2:30 p.m.

Teen Late Night Free Swim Free!

Please note that the swim schedule is subject to change without notice due to swim meets and/or other unforeseen events. Admission will be on a first-come, first-served basis. Please be prompt; space is limited. Everyone must sign in.

Free Swim is every other Friday 9 to 10:30 p.m. unless otherwise specified.

Age: Teens, 13 – 19 years old

Please call 206-386-1944 for specific dates.

Rainier Beach Pool

8825 Rainier Ave S Seattle, WA 98118 ♦ 206-386-1944

Fall 2006 Swim Lesson Times

Class	M/W PM	T/Th PM	Friday	Saturday	Sunday
Tots 6 mos. – 4 yrs.		6 – 6:30		Noon – 12:30	
3 Year Old s	5 – 5:30	5 – 5:30		11:30 – Noon	
Preschool	4 – 4:30	5 – 5:30		10 – 10:30	Noon – 12:30
4 & 5 yrs Lvl 1–3	5 – 5:30	6 – 6:30		11:30 – Noon	
Beginner Youth 6 – 16 years	4:30 – 5 5:30 – 6	4:30 – 5 5:30 – 6	5 – 5:30	10:30 – 11	11:30 – Noon
Levels 1 to 3		6:30 – 7			
Advanced Youth 6–16 yrs Lvl 4–6	5 – 5:30 (A4) 5:30 – 6	5 – 5:30 (A4) 5:30 – 6		11 – 11:30	11 – 11:30
Seniors/Adults 16 years & up		7 – 7:30		12:30 – 1	
Swim Team Prep		6 – 6:45			
Youth Fitness Swimming				10 – 11	
Adult Stroke Refinement	Wed 6:15 – 7				

Swim Lesson Registration Information

Fall Open Registration begins Monday, August 14 for ALL fall classes

Session	Program Dates	New Registration	Classes	Price
I Mon/Wed	Sept 11 – Oct 4	August 14	10	\$50
I Tue/Thu¹	Sept 12– Oct 5	August 14.	10	\$50
I Fri¹	Sept 8 – Nov 3	August 14	9	\$45
I Sat	Sept 9 – Dec 16	August 14	8	\$40
I Sun	Sept 10 – Dec 17	August 14	9	\$45
II Mon/Wed	Oct 9 – Nov 1	August 14	7	\$35
II Tue/Thu	Oct 10 – Nov 2	August 14	8	\$40
III Mon/Wed	Nov 20 – Dec 18	August 14	8	\$40
III Tue/Thu	Nov 21– Dec 19	August 14	8	\$40

¹No lessons Nov 23 & 24, Thanksgiving

Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for one FREE session of swimming lessons for all 3rd and 4th grade students in Seattle. This program is available to each child regardless of ability. For more “Learn to Swim” information, please call Rainier Beach

Pool at 206-386-1944 or visit our web page at www.seattle.gov/parks/aquatics/learntoswim.htm

Jefferson Community Center Rental Information

Host Your Event Here!

Jefferson Community Center is the perfect place to celebrate any important occasion — whether it is a reunion, birthday, wedding reception, graduation, or meeting. Jefferson offers spacious Hasselberg Hall (pictured above), multiple meeting rooms, and a kitchen for all those events where food is a consideration. For more information or to reserve a room for your special day, call 206-684-7481 today.

Rental Rates

Medium Rooms ¹ (401-1,500 sq. ft.)	\$35 per hour
Hasselberg Hall ¹ (1,500 sq. ft.+)	\$45 per hour
Kitchen ¹	\$35 per hour

¹Two hour minimum

Jefferson Gym & Rental Fees

Athletic use	\$25 per hour
Non-Athletic use	\$100 per hour



Damage/Cleaning Deposit

\$15 Non-Refundable Booking Fee

\$250 Refundable Damage/Cleaning Deposit*

*Additional fees for rentals where **alcohol** is present

\$60 Nonrefundable Alcohol Fee

\$500 Refundable damage/cleaning deposit

Staff Fees

All rentals during non-operating hours (see page 3 for center hours) will require a \$17 per hour staffing fee (\$25.50 per hour on holidays). Add 1 hour (½-hour before and ½-hour after) to calculate total staff fee.

Meetings where alcohol is present or more than 50 people attend, require 2 staff members, resulting in a \$34 per hour staffing fee.

Restrictions

Sunday – Thursday rentals must end by 11 p.m.

Friday and Saturday rentals must end by 2 a.m.

Minimum two weeks advance notice and full payment required to book a rental.

Rentals with Alcohol

All events that will be **serving alcohol**, must have proof of alcohol liability insurance of \$1 million. All events **selling alcohol** must have proof of alcohol liability insurance of \$2 million. This proof of insurance is required three weeks before your scheduled event. A letter requesting the use of alcohol at the rental, along with proof of insurance must then be sent to the Parks Department Director. If you need assistance in getting the liability insurance, please contact staff at the front desk.



General Information

You Can Make a Difference!

The Jefferson Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Jefferson's Advisory Council is always looking for new members. Meetings are held at 6:30 p.m. on the third Wednesday evening of every month from September to June to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Jefferson Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7481.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in Teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for People with Disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about rentals, please see page 9 or view our facility rental brochure online (<http://www.seattle.gov/parks/rentals/Facrentalguide.htm>).

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fees paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting Lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class Cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

New Searchable Online Brochure!

Be one of the first to find out our program offerings, and search for classes by keyword! Check it out on the web at www2.seattle.gov/parks/brochure

3801 Beacon Ave S

(206) 684-7481

15

Community Centers

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Garfield Teen Life Center	684-4550
Green Lake	684-0780
Hiawatha	684-7441
High Point.....	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst.....	684-7529
Loyal Heights	684-4052
Magnolia.....	386-4235
Meadowbrook	684-7522
Miller.....	684-4753
Montlake.....	684-4736
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier.....	386-1919
Ravenna-Eckstein.....	684-7534
Sand Point	684-4946
South Park.....	684-7451
Southwest.....	684-7438
Van Asselt.....	386-1921
Yesler	386-1245

Pools

Ballard	684-4094
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Queen Anne	386-4282
Rainier Beach.....	386-1944
Southwest.....	684-7440
Colman (Summer only) ...	684-7494
Mounger (Summer only) .	684-4708

Environmental Learning Centers

Carkeek Park.....	684-0877
Camp Long.....	684-7434
Discovery Park	386-4236
Seward Park	684-4396

Boating

Green Lake Small Craft Center....	684-4074
Green Lake Boat Rental	527-0171
Mt Baker Rowing & Sailing	386-1913
Boat Launch Permits.....	684-4075

Community Connections

Amy Yee Tennis Center ...	684-4764
Animal Control.....	386-4254
Aquarium Info.....	386-4320
Arboretum.....	543-8800

Ballfield Reservations.....	684-4082
Bats Northwest.....	256-0406
Beacon Hill Library ..	684-4711
Citywide Adult Athletics.	684-7092
Citywide Youth Athletics.	684-7091
Compliments/Complaints	684-4837
General Parks Info	684-4075
Handicapped Programs...	684-4950
Jefferson Lawn Bowling..	762-2490
Jefferson Park Golf Course.....	762-4513
North Central Little League	706-9268
Parking Enforcement.....	625-5011
Parks Information	684-4075
PAWS	743-3845
Picnic Reservations	684-4081
Police — S. Precinct.....	625-5011
RUG Youth Baseball	523-8377
Senior Adult Programs ...	684-4951
Special Pops Programs...	684-4950
Sunnyview Garden Club..	324-5456
Tennis Court Reservations.....	684-7062
Wading Pool Hotline	684-7796
Wild Bird Clinic.....	824-6249
Woodlawn Youth Soccer..	632-1930
Yellow Cab	622-6500
Zoo information	684-4800

Jefferson Community Center
3801 Beacon Ave S
Seattle, WA 98108-1521
206-684-7481



Visit us at www.seattle.gov/parks